Medicare covers two educational services for people with diabetes. You can take classes in **Diabetes Self-Management Training** (DSMT) and **Medical Nutrition Therapy** (MNT). You must get a prescription from your doctor for both services. **DSMT** is provided by trained diabetes educators at a Medicare-approved education program. There are programs located throughout Idaho (see other side). A registered dietitian or Medicare-approved nutrition professional offers MNT training and counseling.

What will I learn?

When you take **Diabetes Self-Management Training** and **Medical Nutrition Therapy**, you'll learn how to:

- Manage your blood sugar
- Choose healthy foods and manage your diet
- Find activities and exercise that are right for you
- Prevent problems like blindness, amputations and stroke

Where can I find more information about this Medicare coverage?

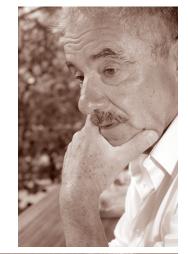
The National Diabetes Education Program (NDEP) provides a brochure about this coverage. You can get printed copies in English or Spanish by calling (800) 438-5383. Printed copies are also available from the Idaho Diabetes Prevention and Control Program by calling 208-334-6582. Or, you can read about it on the web at http://ndep.nih.gov/diabetes/EMCDS/emcds1.htm.

To learn more about diabetes, visit the American Diabetes Association web site at: http://www.diabetes.org/home. For questions about Medicare, please call the Centers for Medicare and Medicaid services at 1-800-633-4227.

Manage Your Diabetes with Help from Medicare

Medicare Covers Diabetes and Nutrition Education

Diabetes and nutrition education will help you learn how to successfully manage your diabetes. It's easy to receive these services—ask your doctor about them today.















Diabetes Education Centers in Idaho

(Recognized by the American Diabetes Association and also approved by Medicare)

District 1

Bonner General Hospital Diabetes Self-Management Education Program 520 North 3rd Avenue, Sandpoint, ID 83864

208-265-1116

Kootenai Medical Center KMC Diabetes Self-Management Training Program 2003 Lincoln Way, Coeur d'Alene, ID 83814-2311

208-666-2036

District 2

Gritman Medical Center Diabetes Care-Education , Self-Management Program South 700 Main Street, Moscow, ID 83843

208-883-6341

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St. Joseph Regional Medical Center Outpatient Diabetes Education Program 415 6th Street, Lewiston, ID 83501

208-799-5227

Syringa General Hospital 607 West Main Street, Grangeville, ID 83530

208-983-1700, extension 588

District 3

Humphreys Diabetes Education Center 645 E. 5th St., Weiser, ID 83672

208-331-1155

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Humphreys Diabetes Education Center 1202 E. Locust St., Emmett, ID 83617

208-331-1155

Mercy Medical Center LifeSkills Diabetes Education Program

1512 12th Avenue Road, Nampa, ID 83686

208-463-5728

West Valley Medical Center Diabetes Resource Center 1717 Arlington Avenue, Caldwell, ID 83605

208-455-3813

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District 4

Humphreys Diabetes Education Center 1226 River Street, Boise, ID 83702

208-331-1155

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Humphreys Diabetes Education Center 3525 E. Louise Dr., Suite 100, Meridian, ID 83642

208-331-1155

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District 5

Gooding County Memorial Hospital Diabetes Education Program 1120 Montana Street, Gooding, ID 83330

208-934-9886

Magic Valley RMC Downtown Campus (outpatient) 526 Shoup Avenue W., Twin Falls, ID 83301

208-736-6218

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R & R Pharmacy Diabetes Education Clinic 133 West Avenue A, Jerome, ID 83338

208-324-3784

St. Benedict's Hospital Diabetes Management Center 1285 Avenue W., Jerome, ID 83338

208-324-1122

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St. Luke's Wood River Medical Center Diabetes Self-Management Education Program 100 Hospital Drive, Ketchum, ID 83340

208-727-8356

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District 6

Portneuf Diabetes Education Program 777 Hospital Way, Pocatello, ID 83201

208-239-2432

200-239-2432

District 7

Eastern Idaho Regional Medical Center Wellness Center Health Promotion and Diabetes Education, Eastern Idaho RMC, Sunnyside Professional Plaza 2860 Channing Way, Suite 214, Idaho Falls, ID 83404

208-529-6717

200-329-0717 • • • • • •

Madison Memorial Hospital Diabetes Self-Management Education Program 450 East Main, Rexburg, ID 83440

208-359-6524

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Rocky Mountain Diabetes & Osteoporosis Center Patient Diabetes Education Program 2220 East 25th Street, Idaho Falls, ID 83404

208-523-1122

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Rocky Mountain Diabetes & Osteoporosis Center Teton Valley Hospital Diabetes Self-Management Program

120 East Howard Avenue, Driggs, ID 83422

208-354-2383

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